

# Questions To Inspire Endurance & Motivation And Identify Red Flags

## 1 Purpose

**Provides a powerful source of motivation and endurance.**

- What really gives you a sense of energy?
- What's your North Star through all of this?
- How does what you are doing right now, continue to fit into the big picture?

### What to watch out for:

- Decreased interest in daily activities
- Unclear on goals
- Procrastinating responsibility
- Feeling stuck

**My Answer**

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**Team Answer**

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## 2 Mental

**Focuses physical and emotional energy on the task at hand.**

- How are your focus levels?
- How are you going with taking regular breaks?
- What's occupying your thinking?

### What to watch out for:

- Difficulty concentrating
- Negative thinking or constant worry
- Racing thoughts
- Delaying decisions or poor judgement

**My Answer**

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**Team Answer**

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## Emotional

**Creates the internal climate that drives the right performance state.**

- What have you been noticing about how you have been feeling?
- What's been triggering that and how are you managing your response?
- How has that been working for you?

### What to watch out for:

- Feeling overwhelmed
- Agitated or unable to relax
- Irritable or short tempered
- Persistent low mood

**My Answer**

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**Team Answer**

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## Physical

**Builds endurance and promotes physical recovery**

- How are you maintaining a sense of balance?
- How are you sleeping?
- How are you doing with getting out and about?

### What to watch out for:

- Tired
- Change in appetite
- Restless sleep
- Low immunity
- Muscle tension

**My Answer**

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**Team Answer**

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